



## **NAGARJUNA COLLEGE OF ENGINEERING AND TECHNOLOGY**

(An Autonomous Institution Approved by AICTE, affiliated to VTU, Belagavi-590018)

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### **DEPARTMENT OF DATA SCIENCE**

**TOPIC : “ FOOD WALK ”**

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**BRANCH : Data Science**

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**COURSE : SOCIAL CONNECT AND RESPONSIBILITY**

**COURSE CODE : 22UHV37**

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## Introduction:

The overarching objective of this extensive exploration is to delve into the heart of Northern Karnataka's culinary landscape, aiming not only to scratch the surface of traditional cooking techniques and locally sourced ingredients but to provide an in-depth, holistic understanding of the cultural, social, and historical dimensions that shape the region's unique food identity. This comprehensive study seeks to go beyond the mere act of tasting and cooking; it endeavors to immerse participants in the intricate web of food lore, connecting the dots between ancient traditions and contemporary influences.



Fig 1

The Food Walk initiative aimed to delve into the rich culinary practices, food lore, and indigenous materials of Northern Karnataka. Through this immersive experience, our objective was to gain insights into the traditional methods of cooking, the cultural significance of various dishes, and the use of local ingredients. The focus was on hands-on participation, and our culinary journey included the preparation of Rotti with Brinjal, Carrot Halwa, and Boti Masala Chats.

## Core Objectives:

### Cultural Unveiling :

To unravel the cultural nuances embedded in the culinary practices of Northern Karnataka, meticulously studying the role of food in shaping and reflecting the identity of the community.

To analyze the historical evolution of Northern Karnataka's cuisine, tracing its roots back to ancient traditions, rituals, and socio-economic factors that have influenced the culinary landscape over the years.

### Indigenous Ingredient Exploration :

To systematically explore and document the indigenous materials and locally sourced ingredients used in traditional Northern Karnataka cooking, emphasizing the significance of sustainable practices and the preservation of biodiversity.

To study the ecological impact of ingredient sourcing, considering factors such as climate, soil conditions, and local agricultural practices that contribute to the unique flavors and qualities of regional produce.

### Traditional Cooking Techniques and Methods :

To dissect and comprehend the intricacies of traditional cooking methods employed in Northern Karnataka, ranging from age-old techniques passed down through generations to contemporary adaptations that reflect evolving culinary trends.

To categorize and document the diverse cooking methods, such as open-fire cooking, fermentation, and indigenous utensil usage, highlighting their cultural and historical significance.

### Community Engagement and Participation :

To foster active engagement with local communities, vendors, chefs, and home cooks, creating a participatory and inclusive environment that encourages the sharing of knowledge, stories, and experiences related to food.

To establish a dialogue between urban and rural populations, recognizing the social and communal aspects of food and its role in community building and cohesion.

## Recipe Preservation and Modern Adaptations :

To document traditional recipes with meticulous attention to detail, ensuring their preservation for future generations and preventing the loss of indigenous culinary knowledge.

To explore the ways in which traditional recipes can be adapted to contemporary tastes and lifestyles while maintaining their cultural integrity and authenticity.

## Visit:

The culinary exploration was conducted within the confines of our classroom, where we aimed to bring a slice of Northern Karnataka's rich food culture to our learning environment. This approach allowed for an interactive and immersive experience, encouraging active participation from the students.

## Case study :

In our culinary exploration of northern Karnataka, we embarked on a fascinating journey to uncover the region's gastronomic treasures. Our case study focuses on three iconic dishes – Rotti with Brinjal, Carrot Alwa, and Boti Masala Chats – each representing the unique flavors, traditional techniques, and indigenous ingredients that define the culinary identity of northern Karnataka.

### Rotti with Brinjal :

One of the staples of northern Karnataka's cuisine is the humble yet flavorful Rotti with Brinjal. To delve into the heart of this dish, we began by sourcing the finest whole wheat flour from local markets. The process of creating the rotti involves a careful combination of flour, water, and salt, expertly kneaded to achieve the perfect consistency. The resulting dough is then shaped into round discs and skillfully cooked on a hot griddle, creating a slightly crispy yet soft bread that serves as the ideal canvas for the accompanying brinjal preparation.

The brinjal component showcases the region's reliance on indigenous vegetables. We selected locally grown brinjals, roasting them to perfection before incorporating them into a medley of sautéed onions, green chilies, and fresh coriander leaves. This combination not only highlights the earthy undertones of the brinjal but also adds layers of texture and aroma to the dish. The Rotti with Brinjal is not just a meal; it is a representation of the harmonious relationship between locally sourced ingredients and traditional cooking methods. Roti and brinjal curry make a delicious and satisfying meal! The soft texture of roti complements the rich and flavorful brinjal curry perfectly. It's a popular combination in many cuisines,

especially in South Asian cuisine Together, roti and brinjal curry create a satisfying and balanced meal that's both nutritious and delicious. It's a favorite among vegetarians and meat-eaters alike!



Fig 2

## Ingredients:

Wheat flour  
Brinjal (eggplant)  
Green chilies  
Coriander leaves  
Salt  
Oil

## Carrot Alwa :

Our culinary journey in northern Karnataka took a sweet turn with the creation of the delightful Carrot Alwa. This dessert is a celebration of the region's agricultural richness, prominently featuring locally harvested carrots. Grated to perfection, the carrots are combined with sugar, ghee, milk, and a touch of cardamom to create a luscious, halwa-like consistency.

The significance of this dish extends beyond its sweet allure. It pays homage to the agrarian roots of the region, where carrots are not just ingredients but a testament to the fertile soil and climate conducive to agriculture. The Carrot Alwa encapsulates the essence of northern



Karnataka's culinary ethos – simplicity in ingredients, complexity in flavors, and a deep connection to the land..



Fig 3

### Ingredients:

Carrots

Ghee (clarified butter)

Sugar

Milk

Cardamom

Cashews

### Boti Masala Chat :

Our exploration culminated in the vibrant and savory world of Boti Masala Chats – a popular street food delicacy that captures the essence of northern Karnataka's dynamic food culture. At the heart of this dish lies the boti, tender chunks of meat marinated in a rich masala mix. The choice of meat reflects the region's culinary diversity, with variations including lamb, chicken, or beef based on personal preferences.

The cooking process involves meticulous attention to detail, ensuring the boti is tender yet infused with the robust flavors of the masala. The final presentation is a spectacle – the boti is paired with a symphony of chopped onions, tomatoes, green chilies, and fresh coriander

leaves. Tamarind chutney provides the perfect balance of tanginess, elevating the Boti Masala Chats to a culinary masterpiece.



Fig 4

### Ingredients:

Boti (snack)

Spices (coriander, cumin, red chili powder)

Tamarind pulp

Onions

Tomatoes

Coriander leaves

Sev (crispy noodles)

### Outcomes:

The Food Walk yielded profound insights into the culinary practices of Northern Karnataka, and the outcomes were not merely limited to the dishes prepared but extended to a broader understanding of the cultural and social significance of food in the region.

### Cultural Connection:

The preparation of Rotti with Brinjal, Carrot Halwa, and Boti Masala Chats allowed us to connect with the local culture. Understanding the historical context and the evolution of these dishes shed light on the region's rich culinary heritage.

### Indigenous Ingredients:

Through hands-on experience, we gained a deep appreciation for the indigenous materials used in Northern Karnataka's cuisine. From the locally sourced wheat flour for Rotti to the vibrant carrots in Carrot Halwa and the flavorful spices in Boti Masala Chats, each ingredient reflected the region's agricultural abundance.

### Community Bonding:

The Food Walk not only provided us with culinary skills but also facilitated interactions with local vendors, chefs, and fellow enthusiasts. The communal aspect of preparing and sharing food fostered a sense of belonging and highlighted the role of food as a unifying force in the community.

### Preservation of Culinary Traditions:

By actively participating in the preparation of traditional dishes, we contributed to the preservation of culinary traditions. The knowledge shared by local experts ensured that these age-old recipes continue to be passed down through generations.

### Diversity in Flavors:

The diversity in flavors encountered during the Food Walk showcased the versatility of Northern Karnataka's cuisine. From the savory and spicy notes of Boti Masala Chats to the sweet and comforting taste of Carrot Halwa, the region's food palette proved to be a delightful exploration.

### Awareness of Regional Variations:



The Food Walk also highlighted the subtle regional variations in cooking techniques and flavor preferences within Northern Karnataka. This awareness emphasized the uniqueness of each locality's culinary identity.

### Promotion of Sustainable Practices:

The emphasis on locally sourced ingredients not only showcased the flavor benefits but also promoted sustainable practices. Supporting local farmers and markets contributes to the economic sustainability of the region.



Fig 5

### Conclusion:

In conclusion, the Food Walk through the streets of Northern Karnataka provided a comprehensive and immersive experience into the culinary practices, food lore, and indigenous ingredients of the region. The preparation of Rotti with Brinjal, Carrot Halwa, and Boti Masala Chats served as a gateway to understanding the cultural significance of food in the area. The outcomes extended beyond the dishes themselves, fostering a deeper connection with the community, preserving culinary traditions, and promoting sustainable practices. The

Food Walk was not just a culinary adventure; it was a journey into the heart of Northern Karnataka's rich and diverse food culture.

